simple vegan pho



cook time:	prep time:	featured product:
45	**10**	**POWERHOUSE SPINACH BLEND**

pho is a traditional vietnamese noodle soup. typically it is made with beef, but this vegan option captures all of the deep and rich flavors for a plant based meal. this bowl is sure to warm you from the inside out.

ingredients

serves 4

1 qt veggie broth
2 star anise pods
2 cinnamon sticks
6 whole cloves
1 tsp. coriander seeds
1 tbsp sugar
2” ginger
1 tbsp white miso
4 tbsp tamari or soy, divided
1 lb firm organic tofu
12 oz mixed asian mushrooms, ie shiitake, beech, enoki
2 baby bok choy, quartered
4 oz **organicgirl® POWERHOUSE SPINACH BLEND**
vegetable oil

optional garnish:
thinly sliced white onion or green onion
thai basil leaves (or standard basil)
bean sprouts
lime wedges
sriracha
hoisin sauce
(for a more traditional flavor, sub beef broth, sub 2 tbsp fish sauce, sub thin beef slices instead of tofu)

directions

1. infuse broth by adding first 8 ingredients to a medium pot, add 2 tbsp of soy sauce and simmer for 40 minutes.

2. remove all aromatics with a fine mesh strainer.

3. add spinach to broth 30 seconds before serving.

4. while broth is simmering, make noodles according to package instructions.

5. next, drain and wrap tofu in paper towels and press between 2 plates until excess liquid is released.

6. while tofu is draining, remove tough stems and thinly slice shiitake mushrooms, and tear softer mushrooms into smaller strips.

7. slice tofu into 2” sticks. add 2 tbsp vegetable oil to a pan over medium heat. add tofu and crisp on both sides, approx 5 minutes before flipping.

8. add 1 tbsp of soy sauce and toss.

9. transfer to a plate.

10. add remaining oil, and sauté mushrooms and bok choy on a medium high heat.

11. once veggies get golden brown, add 1 tbsp soy sauce to coat.

12. to serve, divide noodles between bowls. top with tofu, bok choy, mushrooms, and spinach.

13. add broth and garnishes of your choice.

nutrition

of servings 4
calories: 243
total fat: 13.25g
cholesterol: 0mg
sodium: 1387mg
total carbohydrate: 14.5g
total sugars: 4g
protein: 15g